

THESIS ABSTRACT

Name:	Dr. T. S. Deepeka
Title:	PREVALENCE OF METABOLIC SYNDROME IN WOMEN WITH POLYCYSTIC OVARIAN SYNDROME
Study design:	Cross-sectional study
Period of study:	April 2016 –July 2016.
Institution:	Govt. Kilpauk Medical College, Chennai
Background:	Metabolic syndrome is global burden contributing to one third of the morbidity and mortality. People with metabolic syndrome are twice likely to die from myocardial infarction or stroke compared to people without the syndrome. PCOS is commonly associated with metabolic syndrome with a prevalence of 40 to 50%.
Methods:	A cross-sectional study was conducted among 118 PCOS women between 18 to 40 years by clinical examination and analysing biochemical parameters in blood. With the data the prevalence of metabolic syndrome using new International Diabetes Federation criteria and the pattern of metabolic syndrome parameters are studied.
Results:	The prevalence of metabolic syndrome using new IDF criteria in our study group is 36.4% . Out of 43 metabolic syndrome patients, 3 parameters were present is 30(69.7%) patients, 4 parameters were present is 8(18.6%) patients, all 5 parameters were present in 2 patients. The most common pattern involved is along with increased waist circumference, low serum HDL and fasting hyperglycemia being present in 11 patients amounting to 23.9%. Low levels of serum HDL is found in 32 patients(74.4%) becoming the most deranged parameter is PCOS women, only second to the compulsory criteria increased waist circumference.
Conclusion:	PCOS being a common condition prevailing in women with reproductive age group. PCOS is a sedentary life and obesity related disorders. Despite treating the infertility and menstrual complaints of the PCOS patients, it is a treating doctor's duty and opportunity to screen for the metabolic syndrome and advice on healthy diet, physical activity, weight reduction.
Key words:	<i>PCOS, Metabolic syndrome, International Diabetes Federation criteria, waist circumference, serum HDL, hyperglycemia.</i>